

Nurtured Heart Approach Training (NHA)

Tuesday 9th July 2019

09:15 — 12:15

Hopwood Hall College, Rochdale Campus

Trainer: Mags Wilcock, Director - Nurtured Child Practice Ltd

Audience: All Staff

The Nurtured Heart Approach® is a relationship-focused methodology based on a 3 Stands™ strategy to help children (and adults) build their Inner Wealth® and use their intensity in successful ways. It has been successfully implemented in thousands of classrooms around the world, proving to be a powerful way of awakening the inherent greatness in all children whilst facilitating classroom success.

The essence of the approach is a set of core principles originally developed for working with the most difficult children. It has a proven impact on every child, including those who are challenged behaviourally, socially and academically. The NHA makes a huge difference to those children diagnosed with ADHD, ODD, Reactive Attachment Disorder and other behavioural, emotional and anxiety related symptoms – almost always without the need for long-term mental health treatment.

Through this training you will be shown how simple it is, not only to improve the situation with a challenging or difficult child, but also to transform children through the awareness that their intensity is actually the source of their greatness. The benefits of the approach:

- Understand the unique dynamics of the challenging child
- Helps a child towards using their intensity in successful ways
- Create a deeper sense of success and Inner Wealth for the individual child
- Build a family/school culture of authentic connection and trust
- Improve performance – from test scores to chores
- End the cycles that can reinforce negative behaviour
- Live the “Energy” of joy and success as your new reality

The training will cover the following aspects:

- An introduction to the NHA which was been created and developed by the Psychologist Howard Glasser.
- Why conventional methods of reward and discipline often fail with intense children
- How to build a child’s Inner Wealth by developing positive portfolios.
- Understanding the concept of The 3 Stands™ and how they work
- The purpose and benefits of using this approach with all Children.
- How to move challenging children into using their own intensity in successful ways.
- The success of the approach with children who have been diagnosed with ADHD, ODD, Autism or exhibit other difficult behaviour.
- Learn Nurtured Heart Approach recognition techniques that are simple for all adults to use.

